



# THE LEADER

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Grand Forks Air Force Base, N.D. ♦ <http://public.grandforks.amc.af.mil>

April 16, 2004



## Celebrating Our Earth

**Base plans Earth Week celebration**

– See Pages 2, 7, 8, 13-14, and 16-17 for more

319th Air Refueling Wing ♦ Warriors of the North

### Inside:

#### Weekend weather

Today	55/33	Rain
Saturday	53/34	Mostly cloudy
Sunday	47/29	Rain
Monday	49/34	Cloudy



Weather information courtesy  
319th Operations Support Squadron weather flight

**Base  
starts  
Key  
Spouse  
Program  
Page 3**



**Latest  
news  
from  
deployed  
Warriors  
Page 5**



**Fitness center  
builds new  
tracking  
system**

**Page 20**





# Empty your recycle bin, celebrate Earth Week

By Staff Sgt. Scott T. Sturkol  
Public affairs

For a 7-year-old child, my son Jackson has pretty extensive knowledge of computers. There was one day he saw me empty the “recycle bin” on the desktop of our home computer and hence, he never forgot how to do it.

Eventually, whenever he would see me or his mother on the computer, he would ask if he could empty the computer's desktop recycle bin. It wasn't until later that I had to explain this all to my wife, because she was gone the day he learned of this process.

One day recently over lunch, my wife Bobbi asked me, “Where did Jackson learn about the recycle bin?”

Knowing our family recycles everything from cardboard and newspapers to aluminum cans, I said, “I think he may have picked it up when he stops by my office because whenever he has a soda there, he puts his empty can in the recycle bin.”

Within seconds my wife gave me a confused look and said, “I mean the recycle bin on the computer silly!” I think she used some other word than silly, but I probably just chose not to remember it.

Anyway, the moral of that story is my son is good at all kinds of recycling – both on the computer and in the traditional sense with recycling materials. Even though the recycling on the com-

puter is something we're working on.

In our home, all of my children know where to put recyclable materials – in the bag hanging on the door knob on the door to the garage. When the bag is full, somebody in the family carries it out to the recycle bin. And every Thursday morning, someone from the family also places the recycle bin two feet away from the curb so our base curbside recycling contractor can pick it up and haul it away – completing the cycle of reducing, recycling and reusing materials.

My kids even know to take off soup labels of certain cans and box tops of certain cereals before putting them in for recycling so the labels and boxtops can be brought to school to raise money for education. It's another way of recycling and gets money that is always needed back to our base schools.

With all that said, the base celebrates Earth Week Monday through April 24. It's a good time for everyone to get in the Earth-friendly spirit.

Winter has passed us by and spring is in the air, making the spirit of wanting everything green again that much more present. I encourage everyone to get out and enjoy Earth Week on base.

As far as my son goes, I'm sure he'll continue to want to “empty the recycle bin” in all shapes and forms. That's good anyway because it shows he's in the spirit. I just hope my home computer keeps working.

Happy Earth Week!

## Action Line

*The Action Line is your avenue for information about events and activities on and around the base. For questions about current events or rumors, leave a message.*

*Questions will be answered in the order they are received.*

**11**  
Consecutive  
DWI-free  
days

Goal is zero DWIs.

**94.7%**  
Air Refueling  
Effectiveness

Target is 90 percent.

**100%**  
Air-Land  
Effectiveness

Target is 92 percent.



Photo by Capt. Patricia Lang

**Col. Mark Ramsay**  
319th Air Refueling Wing commander

## Town Hall question, answer

**Q:** *I have a concern about the school busing. I have had to call off and on all year to address some different concerns, such as dropping children off at their designated stop, children harassing other children, and children receiving repercussions such as moving them to a seat behind the bus driver with younger children. What can be done about this issue?*

**A:** **On Feb. 13, BMAR and Associates Inc., the base school busing contractor, provided two letters stating their policies regarding where children could exit the bus.**

**The policy letter for Eielson Elementary School children (younger children) states: “To the parents of children at Eielson School. You must provide a note to the bus driver if your child will be getting off at a stop other**

**than their normal stop. Your child will not be dropped off at a different stop without a note and will be transported back to the school if no note is received.”**

**The policy letter for Twining Elementary and Middle School children (older children) states: “To the parents of children at Twining School. All children are permitted to get off the bus at any stop. If you do not wish your child to have this privilege, please provide a note to the bus driver.”**

**In regards to assigned seats, it is BMAR's policy that bus drivers have the authority to assign children seats in the event they are experiencing behavioral problems with that child. For more details call Ed Vita at 594-5480.**



Courtesy photo

### Cover

**Members of base Boy Scouts plant a tree in the Prairie View Nature Preserve, also known as the base arbor-etum, during 2003 Earth Week activities. This edition of *The Leader* highlights Grand Forks Air Force Base's celebration of Earth Week all next week.**

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# Base opens new Key Spouse Program

By Staff Sgt. Scott T. Sturkol

Public affairs

Military spouses have always played a crucial role in support of military activities. Now a new program – the Key Spouse Program coordinated through the family support center – serves as another unit commander resource to enhance mission readiness.

The program helps families adapt to the unique demands of military life. To date, 28 key spouses have been trained on base and are fulfilling their roles in the units.

“The Key Spouse Program recognizes the valuable role and significant contribution of existing informal networks within the units,” said Tech. Sgt. Michael P. Johnson, FSC family readiness NCO. “The program has trained volunteers chosen by unit commanders functioning as part of a Unit Information Network Team, providing an additional information and referral source to families.”

The program was originally adopted from the Navy’s Ombudsmen program, and tailored to meet the



Photo by Staff Sgt. Darcie Ibiidapo

**Dr. Earl Beal, family support center director, talks with key spouses during training for the program in March in the FSC.**

needs and environment of Air Force bases and units, Sergeant Johnson said.

“The major benefit to the program is having additional people in the unit to help disseminate and pro-

vide key information to families,” Sergeant Johnson said. “Key spouses are dedicated and willing to be a key part of the information support network.”

Heather LeRoy, spouse of Senior Airman Aaron LeRoy of the 319th Communications, serves as a key spouse for 319th CS. She said the new program is a great program and should prove to be helpful.

“It’s going to help a lot of families and people on base,” Mrs. LeRoy said. “I’m glad to have the opportunity to be a part of this program.”

All key spouses received training in late March. As new key spouses are named to units, their training will be coordinated through the FSC. Sergeant Johnson said the FSC will be there to keep the program flowing smoothly. He also said the Key Spouses Program goes along with the FSC’s main mission.

“The main charter of the family support center is to support commanders,” Sergeant Johnson said, “and the Key Spouse Program provides another form of outreach to help support commanders and Air Force families.”

For more details call Sergeant Johnson at 747-3241.

# Briefs

## MPF services

Until mid-May, a combination of heavy aerospace expeditionary force deployment taskings and building renovations may impact the military personnel flight's ability to provide prompt customer service. MPF officials ask customers to practice patience as they go through the improvements and to call ahead to the section they wish to visit before going over to the MPF. They do not plan on limiting service hours.

For details call MPF customer service section at 747-4902.

## Summer hire program

The 319th Mission Support Squadron civilian personnel office announces the start of the Air Force Summer Employment Program. Positions available include clerical, office automation clerk, lifeguard, recreation aid and general laborer.

Before hiring, applicants are required to complete a Declaration for Federal Employment to determine their suitability for federal employment and to authorize a background investigation. They will also be asked to sign and certify the accuracy of all the information in their application.

Applicants must be at least 16 years of age, currently enrolled or accepted at an educational institution, and taking at least a half-time academic or vocational or technical course load. The employment period is from June 7 to Aug. 13. The closing date of announcements is June 25.

To apply, go to <http://www.afpc.ran-dolph.af.mil/afjobs> on-line and self nominate for the positions you're interested in. Several other rules apply in the hiring process. For details, go to the Web site or call civilian personnel at 747-5036.

## Food program

The base Family Child Care Program, or FCCP, is participating in a U.S. Department of Agriculture child and adult care food program where meals are available to all enrolled children at no additional charge. In accordance with federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

For details on the program, call the FCCP office at 747-3158.

## Becoming a family day care provider

Child care providers are licensed caregivers – people who take care of infants and small children of working parents. Right now, the base Family Child Care Program, or FCCP, has a need for people to care for infants.

What benefits does a caregiver receive? First of all, caregivers get paid for the work they do. Their income is based on the number of children they care for. For instance, if a caregiver charges \$60 per week for each child and cares for three children, they will earn \$180 per week.

Secondly, many of the caregiver's expenses, including some household costs, are tax deductible.

Caregivers can also take advantage of many resources, such as a food program that reimburses the caregiver for children's meals.

Being a childcare provider is one of the few jobs people can do at home while taking care of their own children.

Licensing is free for caregivers, and an experienced staff is available to them at all times for consultations.

For additional details, call the FCCP at 747-3158.

## Portal registration

All Air Force personnel, military and civilian, are required to register for an Air Force Portal account.

To register for an AFP account, go online to the "Self-Registration Page" link found at <https://www.my.af.mil>.

For details call the 319th Communications Squadron customer support section at 747-2666 or the field assistance branch at DSN: 596-5771 or commercial 1-334-416-5771.

## Lost property

The 319th Security Forces Squadron investigations section has several items of found property collected throughout the last year on base which have not been claimed by the rightful owners.

They have items ranging anywhere from bikes to cellular phones and keys. They are located in Building 512, off of Eielson Street and 1st Ave.

For details call Staff Sgt. Jill Murray at 747-3882.

## Volunteer opportunities

Are you interested in meeting new people while giving some of your time back to your community? The family support center has a list of volunteer opportunities available for individuals or groups. People are needed for one-time events as well as long-term opportunities.

Volunteer duties can include manning information booths, face painting, serving on fundraising committees, or even taking part in helping to build affordable homes for low income families.

People interested in volunteering should stop by the FSC or call Vonda Ware at 747-3241.



# Brothers meet up far away from home as their deployment rotations overlap

By Staff Sgt. Kathleen Ferrero

40th Air Expeditionary Group  
Public affairs

**OPERATION ENDURING FREEDOM** – When kids become adults and take on responsibilities, it's difficult to spend quality time with friends and family. But by chance, the Air Force brought two brothers together here for an entire month during the latest deployment rotations.

Master Sgt. Brian Mathis, 40th Expeditionary Maintenance Squadron deployed from Ellsworth Air Force Base, S.D., said goodbye to his "little" brother Monday as he boarded the return flight home. Although sad, Staff Sgt. Dan Mathis, 28th Expeditionary Air Refueling Squadron who deployed from Grand Forks AFB, was grateful to spend time with one of the people he looks up to.

"He's not the only reason I joined the Air Force, but he is part of the reason," Sergeant Dan Mathis said.

Ironically, both work on aircraft sys-



Photo by Staff Sgt. Kathleen Ferrero

**Staff Sgt. Dan Mathis, KC-135R Stratotanker maintainer deployed from Grand Forks Air Force Base, shares a moment with his brother, Master Sgt. Brian Mathis, a B-1B Lancer maintainer deployed from Ellsworth AFB, S.D., at a forward deployed location.**

tems. Dan maintains KC-135 Stratotankers and Brian inspects B-1B Lancers.

"His is cooler. Because it's in the bat-

tle, it gets more glory," Dan said. "Mine is more dependable; it hardly breaks."

Dan said his big brother didn't influence his career choice. He was a diesel mechanic before he joined the Air Force.

"I've always been a mechanic. I enjoy it, seeing the end product of a plane taking off," he said.

Five years and plenty of personality differences distinguish the two from one another.

"People have a hard time believing we're brothers," Brian said.

"Because I'm the cute one and he's not," Dan chimed in with the typical

instigating voice of a younger brother. "He's he brains in the family."

"I'm the quiet one. He's the boisterous one," Brian added, smilingly reiter-

ating the obvious.

Back at home, the sergeants live 10 hours from each other.

"I think it's my turn to go up there," Dan said, laughing. "We always miss each other. You know how it is: he's TDY or deployed somewhere when I'm around, etc."

They've just missed each other a couple of times around the world since Brian joined the Air Force eight years ago, including England and during the Kosovo crisis. But this is the first time they've had an entire month to spend together without their families around since they were kids.

"He was someone I looked up to, still do," Dan said. "We were close, especially when we fought. He was the oldest and I was the baby for a while, so I would tell on him to Mom all the time to get my way. I grew up since then, but we're still friends."

Their time to bond as friends and brothers while serving their country created lasting memories for generations to come.

## Troops recognized for high mission capable rates

By Staff Sgt.  
**Zachary Wilson**  
40th Air Expeditionary  
Group Public affairs

The good news for the 28th Expeditionary Air Refueling Squadron keeps getting better.

After recently earning "outstanding" ratings during a visit by an Air Mobility Command Readiness Assessment Team, the squadron's maintainers accomplished a historical feat when they posted the highest KC-135 "mission capable," or MC, rates ever recorded at the deployed location and quite possibly some of the highest in the command, officials said.

The maintainers were able to post a 97.3 percent MC rate, 97.2 percent "fully mission capable rate," and a 100 percent

four-hour fix rate, said Senior Master Sgt. Michael Solie, 28th EARS maintenance superintendent.

"We also met all 17 of our Air Mobility Command indicator standards," Sergeant Solie said.

Mission capable rates are determined by the percent of a unit's assigned aircraft that are ready to perform missions. If an aircraft is down for maintenance for too many days, it is counted against the rate. A higher MC rate means a higher availability of planes for combat missions.

"During a good month, our MC rates are normally in the high '80s' back at Grand Forks," Sergeant Solie said. "To reach rates this significant is a testament to our guys out

there who are busting their butts every day to get the job done."

The maintainers were able to accomplish this feat all while having to prepare for the upcoming readiness assessment visit and adjusting to deployed life.

"One of the challenges we faced when we first arrived here was adapting to the heat and the humidity – many of us did come from Grand Forks," said Tech. Sgt. Anthony Amborn, quality assurance evaluator. "Of course, many of us would rather work in 100 degree heat as opposed to minus-50."

The other challenge was launching jets while still preparing for the assessment,

– See **Rates**, Page 6



Photo by Staff Sgt. Shelly Gill

### B-1 refueling

**OPERATIONS ENDURING AND IRAQI FREEDOM** – A 28th Expeditionary Air Refueling Squadron KC-135, assigned to Grand Forks Air Force Base, N.D., refuels a 9th Expeditionary B-1B bomber over the Indian Ocean March 17. The aircraft are deployed to a forward operating location supporting Operations Enduring and Iraqi Freedom.

— **Rates**, from Page 5

Sergeant Solie said.

“Just about as soon as we got here, we knew we had this inspection coming up and we really had to concentrate on our processes.

“We had to make sure our programs were all up to speed and still focus on making sure we were getting our jets off the ground,” Sergeant Solie said.

“The morale here is very high,” said Sergeant Amorn.

“The downtime is much more refreshing than it has been at some of the other places we deploy to.”

Senior Airman Steve Ondrovich, a communications and navigation specialist agreed.

“Seeing those jets take off gives us all great amount of satisfaction,” he said. “Knowing that there is one less jet to fix is definitely a huge morale boost!”

# Faces from the front



*Courtesy photo*

## Senior NCO of the Month

**Master Sgt. David Parent, 376th Expeditionary Aircraft Maintenance Squadron, deployed from Grand Forks Air Force Base, was named Manas Air Base, Kyrgyzstan, Senior NCO of the Month for March. Sergeant Parent was recognized for leading 68 people who generated seven combat-ready KC-135 tankers and was the leader on more than 300 maintenance events that ensured a 99 percent mission effectiveness rate that spearheaded 122 sorties, delivering more than 6.4 million pounds of fuel to 200 aircraft.**



*Courtesy photo*

## CGO of the Month

**1st Lt. Linda Thorstenson, 22nd Expeditionary Air Refueling Squadron, deployed from Grand Forks Air Force Base, was named Manas Air Base, Kyrgyzstan, Company Grade Officer of the Month for March. Lieutenant Thorstenson was recognized for directly contributing to 144 combat sorties, 803 combat hours flown, 48 scheduled alerts, a 98.6% mission effectiveness rate and the off-load of 6.84 million pounds of fuel.**



*Courtesy photo*

## Deployed Warrior of the Week

**Senior Airman Matthew Hancsarik, a contracting officer with the 376th Expeditionary Contracting Squadron deployed from Grand Forks Air Force Base, N.D., was selected as Manas Air Base, Kyrgyzstan, Warrior of the Week for April 9. Airman Hancsarik was recognized for consistently providing customer service to everyone from aircraft maintenance to base chaplains. He expedited key projects like the Bird Air Strike Hazard Program and morale purchases like new furniture for the recreation center and treadmills for the gym.**



# Base's Cold War history highlighted with new plaza

By Staff Sgt. Scott T. Sturkol  
Public affairs

When the demolition of historic facilities like the former 321st Missile Wing headquarters, Building 306, takes place, the National Historic Preservation Act requires base officials to consult with the State Historical Society of North Dakota.

Through the mitigation that followed the destruction of Building 306 in 2003, the new Cold War Plaza concept was accepted and came to life.

By the end of summer, after demolition of the old commissary, building of Cold War Plaza construction begins, 319th Civil Engineer Squadron officials say.

“The plaza will commemorate the history of the Cold War and the role Grand Forks Air Force Base played,” said Kristen Rundquist, 319th CES cultural resources manager. “The plaza includes approximately 20 storyboards depicting different aspects of the Cold War at our base. It also will include a Warrior of the North statue, decorative lighting, paved sidewalks, landscaping, and benches.”

The interpretive Cold War Plaza contract has been awarded and will be constructed this fall between the new commissary and the family support center, directly south of the Prairie Rose chapel.

Heidi Nelson, 319th CES community planner and landscape architect, said the



Courtesy graphic

**Above is an example of what the planned plaza will look like with a statue in the center and 20 interpretive storyboards surrounding it.**

storyboards in the plaza, made of porcelain enamel, will be 24-by-36 inches in size.

“They will be extremely durable and long lasting,” Ms. Nelson said. “A lighter, portable ‘walking version’ of the storyboards will also be provided to the base.”

“These storyboards will be identical to the permanent storyboards in the plaza, but they will be portable and available for indoor exhibits in places such as museums and schools to educate people on the history of the Cold War at Grand Forks Air Force Base.”

The initiative for the plaza came about when officials from the base, Air Force Space Command, Air Mobility Command, the State Historical Society

of North Dakota and the Advisory Council on Historic Preservation negotiated an agreement regarding the dismantlement of the former 321st Missile Wing here.

Also included in the agreement are two former Cold War remnants of the 321st MW – the missile launch facility O-0 (Oscar-zero) and missile silo N-33 (November 33). Both facilities are located near Cooperstown.

Ms. Rundquist said the agreement stipulates the State Historical Society of North Dakota had the opportunity to obtain appropriate legislation and funding to allow the Air Force to transfer Oscar-zero and November-33 to the state of North Dakota.

“Appropriate legislation was obtained and state historical society is currently working on funding,” Ms. Rundquist said.

Retired Air Force Master Sgt. John Gorman was once the facility management NCO in charge of oscar-zero. He also had an office on the fourth floor of Building 306 (the former missile wing headquarters, now demolished). He said he is happy to see one of his former facilities being saved as well as an effort to mark the history of the former missile wing here.

“For so many years, the missile wing and Strategic Air Command were a part of this base,” Mr. Gorman said.

“On one hand I was happy to see the missiles and the mission go away, because times have changed and we no longer need them. Yet still, I’ll always miss what they stood for and what we did because it was so much a part of my life.”



Courtesy photo

**Above is the Warrior of the North statue planned for the center of the plaza.**

Gorman said it’s important that North Dakota state officials are also interested in preserving the history of the 321st.

“Take Oscar-zero for example,” Mr. Gorman said. “Cooperstown was a town where those of us going to the missile launch facility would stop to buy things and meet with the people there. It was like that throughout eastern North Dakota where folks like me were out in the field doing our job. We were a part of their lives as well.”

The new Cold War Plaza is intended to highlight a mission that once was at this base.

“The role the base played in the Cold War is not only an important part of the base’s history, but also in the history of the State of North Dakota,” Ms. Rundquist said.

## The SAGE System On the Lookout for Threats to America

### HISTORY OF THE GRAND FORKS AIR FORCE BASE DURING THE COLD WAR ERA

#### What is SAGE?

The Semi-Automatic Ground Environment (SAGE) system was a series of radar and computer systems networked together that provided lookout protection against a surprise attack.

Prior to SAGE, the Air Force used a manual process of visually tracking suspicious aircraft and determining if they were hostile. The manual process was highly inefficient and often led to misinterpretations by the duty officer. The manual process was also slow, often taking 15 minutes to identify a threat. The SAGE system was a computerized system that could identify threats in seconds. The SAGE system was a series of radar and computer systems networked together that provided lookout protection against a surprise attack. The SAGE system was a series of radar and computer systems networked together that provided lookout protection against a surprise attack.

#### The SAGE mission was instrumental to choosing the location of Grand Forks AFB.

The location selection of Grand Forks AFB was heavily influenced by the SAGE system. Any attack by Soviet bombers would likely come from the northern border of America. It was geographically the most convenient border since it was the shortest route for the Soviets. For this reason, the Air Force chose Grand Forks as the location for the SAGE system. The SAGE system would monitor the border for invaders and fighter planes could be available to intercept any threats. The SAGE system was instrumental to choosing the location of Grand Forks AFB.

#### The Block Building was the heart.

The SAGE system needed a central building to house the computers and radar equipment. This building was known as the Block Building. It was a massive, four-story building made of concrete. It was the heart of the SAGE system. The Block Building was the heart of the SAGE system. The Block Building was the heart of the SAGE system.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

Courtesy graphic

**Above is an example of one of the boards that will be displayed in the new plaza.**

# Full base celebration planned for Earth Week

**By Staff Sgt. Scott T. Sturkol**  
Public affairs

The base Earth Week Planning Committee has a full schedule of events for the week's observance Monday through April 23.

The schedule includes everything from an Earth Week Children's Fair at the youth center to the Earth Week barbecue Thursday at Liberty Square.

"We've had 27 people from all over the base help get the Earth Week events organized," said Kristen Rundquist, natural resources coordinator for the 319th Civil Engineer Squadron environmental management flight.

Ms. Rundquist said the highlight of this year's observance of Earth Week is the Children's Environmental Learning Fair set for Wednesday in the youth center.

"Our goal is to get kids in the door and hopefully, by the time they leave, their experience at the fair will have taught them something to spark their curiosity and enthusiasm to become a young steward of the Earth," Ms. Rundquist said.

"We have many activities planned for them that include a four-corner theme regarding the forest, water biome, desert, and weather," she said. "A special guest this year at the fair celebrating his 60th birthday is, Smokey the Bear, an icon representing the forest environment."

Smokey the Bear's Web site, <http://www.smokeybear.com>, has lots of interesting facts about forest fires and a game site for children, Ms. Rundquist said.

The importance of Earth Day is indicated by its recognition as a global holiday, Ms. Rundquist said. "Being a steward of the Earth is everyone's job every day, and Earth Week is meant to raise awareness and remind people of the duty we all share across the globe.

"The Earth Week events here present opportunities to provide environmental education and increase awareness regarding environmental issues at the local, regional, and global scale," Ms. Rundquist said.

"The Earth Week Committee encourages everyone to get involved in doing something for Earth Week in acting locally," Ms. Rundquist said. "Maybe you will walk to work, enjoy the nice day, and thereby reduce air pollutants emitted. Or, maybe you'll experience your own backyard through your children's eyes for a day."

## Earth Week schedule of events

❑ **All of April** – Base library hosts a display with environmental themes.

❑ **Sunday at 3 p.m.** – Base theater free movie: "The Last Rainforest: Fern Gully."

❑ **Wednesday** – Children's Environmental Learning Fair at the youth center: 9:30 to 11 a.m. for children 3 to 5 years old from child development center; 3 to 5 p.m. for children in kindergarten through eighth grade in the youth center and from other areas.

❑ **Thursday (Earth Day) at 11:30 a.m.** – Earth Day Barbecue Celebration with guest speaker and information booths. Top Three will host luncheon.

❑ **Thursday** – Earth Day Poster Contest entries to be displayed at the barbecue.

❑ **Monday through April 23** – Commissary grocery bags will feature environmental artwork of child development center, home-day care, and base students.

❑ **Monday through April 24** – Commander's Access Channel 3 will show environmental videos each day at 10 a.m. and 4 p.m.

❑ **April 23 at 4:30 p.m.** – Landscaping with Girl and Boy Scouts and J&G Landscaping at the Prairie View Nature Preserve.

❑ **April 23 at 11 a.m.** – Four-man scramble golf tournament at Plainsview Golf Course. For details call Malcolm Rodacker at 747-4279.

**For more details about Earth Week activities, call Ms. Rundquist at 747-4774.**



*Photo by Staff Sgt. Scott T. Sturkol*

**Senior Airman Cristina Moreland, 319th Air Refueling Wing manpower office and a member of the Earth Week committee, looks over books for the Earth Week used book sale that took place this week to raise funds for Earth Week projects.**



# Two new medals recognize units

**RANDOLPH AIR FORCE BASE, Texas** – Secretary of the Air Force Dr. James G. Roche approved two new medals recognizing units for outstanding heroism in combat and for achievement or service in direct support of combat operations.

The Gallant Unit Citation and the Meritorious Unit Award can be awarded to Air Force active-duty, Reserve and Guard units for actions or service while directly supporting combat operations.

The Gallant Unit Citation is awarded to units for extraordinary heroism in action against an armed enemy of the United States. The action must be while engaged in military operations involving conflict with an opposing foreign force on or after Sept. 11, 2001.

This ribbon is worn immediately before the Joint Meritorious Unit Award. Subsequent awards will be denoted by oak leaf clusters.

“The unit must have performed with marked distinction under difficult and hazardous conditions in accomplishing its mission so as to set it apart from other units participating

## *Combat device for expeditionary ribbon*

**WASHINGTON (AFPN)** – Secretary of the Air Force Dr. James G. Roche and Air Force Chief of Staff Gen. John P. Jumper have approved the addition of a gold border to the Air Force Expeditionary Service Ribbon to signify satisfactory participation in combat operations.

Airmen meeting the established criteria for award of the basic ribbon, 45 consecutive days or 90 nonconsecutive days in a designated combat zone, will also qualify for the gold border signifying participation in combat operations. For details on this change, call military personnel flight customer service at 747-4902.

in the same conflict,” said Tech. Sgt. Jeff Simmons, awards and decorations branch superintendent at the Air Force Personnel Center here. “The degree of heroism required is the same as that which would war-

rant award of the Silver Star which is awarded for gallantry and heroism of high degrees, including risk of life in action.”

Meritorious Unit Awards are awarded to units for exceptionally meritorious conduct in the performance of outstanding achievement or service directly supporting combat operations for at least 90 continuous days. The military operations must be against an armed enemy of the United States on or after Sept. 11, 2001.

“The degree of achievement required is the same as that which would warrant award of the Legion of Merit,” Sergeant Simmons said. “Service in a combat zone is not required, but service must be directly related to the combat effort.”

This ribbon is worn immediately before the Air Force Outstanding Unit Award. Subsequent awards will be denoted by oak leaf clusters.

Both medals are currently in the design phase, which may take several months before they are ready for wear, AFPC officials said.

*Courtesy of AFPC News Service*



*Photo by Mike Dey*

## Sun bathing

**HICKAM AIR FORCE BASE, Hawaii** -- A B-52 Stratofortress sits on the runway April 6. Four B-52s arrived here from Andersen Air Force Base, Guam, to escape Typhoon Sudal which missed the island April 7. The B-52s are deployed to Andersen from Minot AFB, N.D.

# Dress for the crash, not the ride

**By Tech. Sgt. Juan Toledo**  
56th Operations Support Squadron  
Luke Air Force Base, Ariz.

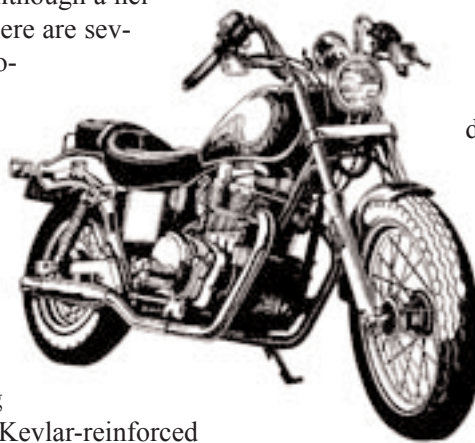
Motorcycle riders never want to crash, but true riders get ready to ride by wearing the right safety equipment for the crash, not for the ride.

When I started riding some 34 years ago, I thought all I needed was a motor-

cycle and a helmet. Although a helmet is a great start, there are several other items of protective gear people should consider wearing.

In addition to an approved helmet that has met safety standards, I wear riding goggles, hearing protection, chest protector, riding jersey, riding gloves, Kevlar-reinforced riding pants with hip pads, riding shorts, kidney belt, knee braces, riding socks and top-of-the-line riding boots.

This was what I decided was important to me after doing my research.



cycle was my helmet, followed by my upper back.

As my lower back and hip area hit the ground, I felt excruciating pain. It

I was glad I selected all of these items when I was involved in a dirt-bike mishap recently. The bike high-sided and threw me off.

After I flipped in the air, I landed on the back of my right shoulder. The next thing to hit

turns out my lower back landed on a boulder larger than a basketball.

I ended up in the hospital for a week with a fractured pelvis.

Although I suffered an injury, there is no doubt in my mind things would have been much worse if I had not been wearing my safety equipment. I could be writing this from my new wheelchair.

This is my advice to you: When selecting a motorcycle or all-terrain vehicle, you must also consider, as part of your purchase, all of the safety gear required by the Air Force and the optional gear you consider important.

If you can buy the motorcycle but can't afford the protective gear, then you can't afford the motorcycle.

# Door to opportunity is always labeled 'push'

**By Chief Master Sgt. Doug Hodge**  
65th Air Base Wing command chief  
Lajes Field, Azores

Finance guru Tom Peters was right when he said, "If a window of opportunity appears, don't pull down the shade."

For those of us serving in the Air Force, the sun shines brightly through a very large window.

It overlooks many different prospects for change, promotion and advancement. From education to recognition, the door to opportunity is always labeled 'push.'

I've been fortunate to see many opportunities over the course of my own career.

I finished my Community College of the Air Force degree. I branched out from my career field and held positions in the professional military education field, including commandant of an NCO Academy.

Those same opportunities are available to you without discrimination.

How close are you to a CCAF associate's degree?

You may be closer than you think, and spring graduation is just around the corner.

No one can deny the military is the best deal for getting a bachelor's degree. With 100 percent tuition assistance and classes that flex around your schedule, the education office and the

schools offering advanced degree programs are ready to serve.

Meanwhile, training opportunities abound. Have you attended the First-Term Airman Center class? Have you gotten Airman Leadership School out of the way? When are you headed to the NCO Academy?

Sometime after you read this, look at the jobs available to you on the EQUAL Plus list. How many will you find?

Special duty assignments as military

***"To round out your view out this window of opportunity, seek and engage the hundreds of volunteer openings at your base."***

training instructors, military training leaders, professional military education instructors, office of special investigation agents, recruiters and more await.

The Air Force needs more people to look at the big picture – to look for assignments that may not necessarily turn a wrench or march a patrol. Is that you? Or will you just be filling the squares you believe need filling?

To round out your view out this window of opportunity, seek and engage

the hundreds of volunteer openings at your base.

Every day I see something new from a burger burn to a car wash. Awards dinners, celebrations, ceremonies and other events are always looking for people with energy, ability and a smile.

There is so much more. The education counselors, career adviser supervisors, first sergeants and others are your first stop to pushing the door open.

As we continue our mission providing support to the world's premiere air and space force, remember to leave the shade up on the window of opportunity that's open to you.



# Despite ‘tough’ period, U.S. won’t waver in Iraq, President says

**By Army Sgt. 1st Class  
Doug Sample**  
American Forces Press Service

**WASHINGTON** – The United States will continue in its commitment to an independent, free and secure Iraq, and the United States “must not waver” despite “a tough, tough period,” President Bush said at a Tuesday news conference.

The president stood before reporters in the East Room of the White House to make his administration’s case for standing firm in Iraq, even with sporadic violence continuing and the June 30 transfer of power to an interim Iraqi government two months away.

Despite the recent increase in violence and casualties, Bush said the United States will not retreat from its mission.

“Weeks such as we’ve had in Iraq make some doubt whether or not we’re making progress,” the president said, “but we are making progress.”

President Bush offered military members assurances of the nation’s commitment, and he emphasized the importance of the mission in remarks aimed at their families.

“We’ll stay the course and complete the job, and you’ll have what you need,” he said to forces in Iraq. “And my message to the loved ones who are worried about their sons, daughters, husbands and wives is your loved one is performing a noble service for the cause of freedom and peace.”

The president placed blame for violence in Iraq on three groups: remnants of Saddam Hussein’s regime, Islamic militants, and terrorists from other countries.

He said that although these instigators of violence come from different factions, they share common goals. “They want to run us out of Iraq and destroy the democratic hopes of the Iraqi people,” he said.

Calling the violence in Iraq a “power

grab” by extreme and ruthless elements, President Bush sought to dispel the notion that the recent violence reflects the will of the Iraqi people.

“It’s not a civil war. It’s not a popular uprising,” he explained. “Most of Iraq is relatively stable. Most Iraqis by far reject violence and oppose dictatorship.”

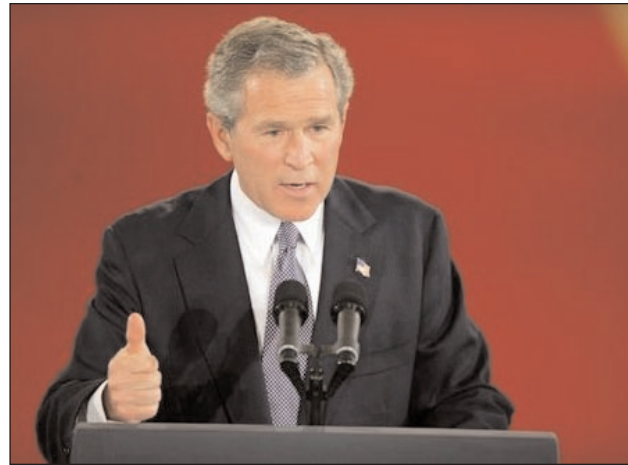
President Bush specifically cited radical Shiite cleric Muqtada al-Sadr as one of those responsible for inciting riots and attacks against coalition forces. Sadr has assembled supporters into an illegal militia and publicly supported the terrorist groups Hamas and Hezbollah, the president said. He also accused Sadr of violence and intimidation against Iraqi Shiia. Iraqi authorities have indicted the cleric for the murder of a prominent Shiia cleric, President Bush noted.

“Iraq will either be a peaceful, democratic country or it will again be a source of violence, a haven for (terrorists), and a threat to America and to the world.”

The president noted the violence in Iraq has a familiar ideology.

“The terrorist who takes hostages or plants a roadside bomb near Baghdad is serving the same ideology of murder that kills innocent people on trains in Madrid, and murders children on buses in Jerusalem, and blows up a nightclub in Bali, and cuts the throat of a young reporter for being a Jew,” the president said.

“We’ve seen the same ideology of murder in the killing of 241 Marines in Beirut,” he continued, “the first attack on the World Trade Center, and the destruction of two



*White House photo by Paul Morse*

**President George W. Bush responds to questions during a prime time press conference in the East Room of the White House on April 13, 2004.**

embassies in Africa; in the attack on the USS Cole, and in the merciless horror inflicted upon thousands of innocent men and women and children on Sept. 11, 2001.”

Though terrorist acts often have religious reasons as the professed motive of the perpetrators, Bush said that’s not really the case. “None of these acts is the work of a religion,” he said. “All are the work of a fanatical political ideology.”

Meanwhile, President Bush said his administration is reviewing the needs of troops on the ground, and he promised to send military commanders all the troops and resources they say they need.

Bush said Army Gen. John Abizaid, commander of U.S. Central Command, is “clearly indicating” that he may want more troops. “It’s coming up through the chain of command, and if that’s what he wants, that’s what he gets,” the president said.

Some 135,000 U.S. troops are in Iraq, Bush said, and he said the U.S. military

presence there will continue “as long as necessary, and not one day more.”

The president the nation’s commitment to the June 30 transfer of sovereignty to the Iraqi people, and said a delay would send the wrong message to the Iraqi people and to the world about the value of an American promise.

“We have set a deadline of June 30. It is important that we meet that deadline,” he said. “Iraqis do not support an indefinite occupation, and neither does America.”

The president said according to a schedule already approved by the Iraqi Governing Council, Iraq will hold elections for a national assembly no later than next January. That assembly will then draft a new permanent constitution, which will be presented to the Iraqi people in a national referendum held in October of next year.

Iraqis then elect a permanent government by Dec. 15, 2005. That vote, he said, will mark the completion of Iraq’s transition from “dictatorship to freedom.”

The president listed several reasons why he believes success in Iraq is vital to the United States. He pointed out that a free Iraq will give 25 million Iraqis the to right to live in freedom and will stand as an example to reformers across the Middle East. He also said that a free Iraq will show that America is on the side of Muslims who wish to live in peace.

Victory on the Iraqi front is key to further victories in the Global War on Terrorism and therefore to U.S. security, the president said. “Above all, the defeat of violence and terror in Iraq is vital to the defeat of violence and terror elsewhere, and vital, therefore, to the safety of the American people,” he said. “Now is the time and Iraq is the place in which the enemies of the civilized world are testing the will of the civilized world. We must not waver.”

# Officials explain facts about Prairie View Nature Preserve

Courtesy 319th Civil Engineer Squadron  
environmental management flight

Prairie View Nature Preserve is approximately 40 acres in size located north of military family housing on base.

This area was once dominated by tall grass and mixed-grass prairie communities. However, by the time the land for the base was acquired by the Department of Defense, the entire area had long been under intense cultivation, and no native prairie remained.

Prairie View Nature Preserve is a restored mixed-grass prairie seeded to native grasses and wildflowers in 2000. The original site was a residential area that was demolished in accordance with base housing plans.

The nature preserve was designed for the community to experience the true prairie that once covered this area before settlement. It is intended to serve as an educational tool to get people connected to the land and their environment.

Elements of the nature preserve include an aggregate trail built through the site, which is also part of the multi-use trail on the base. The natural resources program has plans to create a nature trail along this system to include educational markers about the flora and fauna found there.

This educational signage will complement the plaques planned for the tree arboretum addition to the preserve. Some items planned along the nature trail include construction of blue-bird houses and a butterfly garden. The original asphalt road, a remnant from the old residential site, still winds through the preserve.

Since the planting of the nature preserve, many of the native grasses have started to establish themselves, but the wildflowers are not doing as well



Photo courtesy 319th Civil Engineer Squadron environmental management flight

Above is a view of the **Prairie View Nature Preserve**, located at the northeast corner of the base.

and some noxious weeds are starting to invade.

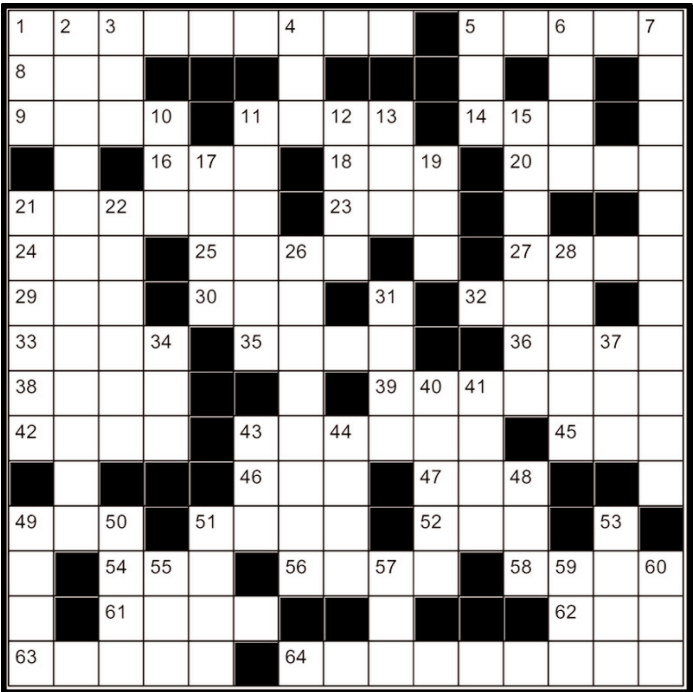
The nature preserve management plan calls for a prescribed burn to favor the native grasses and flowers to increase biodiversity.

The Integrated Natural Resources Management Plan, directed by Air Force Instruction 32-7064, mandates that management should be ecosystem-driven to maintain biodiversity. A prescribed burn procedure complements this methodology.

Prairie fires are a natural way of maintaining the grassland ecosystem. Benefits of a prescribed burn include increased grass nutritive quality, reduction of hazardous fuels, suppression of unwanted plants, and improvement of wildlife habitat.

This spring a prescribed burn is planned for the preserve, plus additional seeding of wildflowers. Also, a new sign is planned to adorn the nature preserve identifying the area.

Look for these upcoming changes to the nature preserve, and for Earth Day perhaps people can commit to take a walk in the area and enjoy the day. Maybe they will see something they haven't noticed before.



## Mother Earth Friendly (Earth Day Puzzle)

### ACROSS

- 1. Earth Day founder
- 5. Part two of the 2 DOWN triangle
- 8. Fish eggs
- 9. Stuck up person
- 11. Bring in
- 14. Write
- 16. Military ID
- 18. Swine
- 20. Columbian river
- 21. Part one of the 2 DOWN triangle
- 23. Airport abbreviation
- 24. Bruins great Bobby
- 25. Killer whale
- 27. Late night host
- 29. SE hydroelectric power company
- 30. Person who works on 55 DOWN
- 32. In favor of
- 33. Domesticated
- 35. Christmas log
- 36. Site home to 13th Air Force
- 38. More of the same, briefly
- 39. Part three of the 2 DOWN triangle

- 42. In law, take effect at a specified date
- 43. The world of living things; outdoors
- 45. X
- 46. Military edu. center person
- 47. German city
- 49. Finish
- 51. Part of a sentence
- 52. Arafat's org.
- 54. Bullfight cheer
- 56. Transmitted
- 58. Hereditary title
- 61. Coffee
- 62. 70-80s band \_\_\_\_ Speedwagon
- 63. Air pollution concern
- 64. Contamination of 7 DOWN
- 1. Lady title
- 2. Goal of Earth Day
- 3. Company head, briefly
- 4. Fd. agency concerned with 7 DOWN
- 5. Music genre
- 6. Arm bone
- 7. Natural world
- 10. Letterman school (abbrev.)

- 11. Source of waste/concern
- 12. TV show host Caroline
- 13. Indicating "no"
- 15. Study of relationship between organisms
- 17. Barge
- 19. Talk
- 21. Spoiled
- 22. Plays
- 26. Region between Black and Caspian seas
- 28. Spew
- 31. Inca country
- 34. Inventor Whitney
- 37. Pub drink
- 40. Burst
- 41. Cubicle
- 43. New movement
- 44. Value or pitch
- 48. One of the Stooges
- 49. Tickle me toy
- 50. Martial arts school
- 51. Actress Campbell
- 53. Cookie type
- 55. Computer connection
- 57. Zero
- 59. Former White House spokesman Fleischer
- 60. "Man of a thousand faces" Chaney



# Base environmental team among the best in command, Air Force

**By Staff Sgt. Scott T. Sturkol**  
Public affairs

Winning awards is nothing new to the 319th Civil Engineer Squadron environmental management flight, but the flight chief says it's not about the awards – it's about how well his people do their job.

The environmental management flight recently won two 2003 Air Mobility Command awards – the Gen. Thomas D. White Pollution Prevention Award and the Gen. Thomas D. White National Environmental Policy Act, or NEPA, Compliance Team Award.

“We have a team of people in this flight who tackle enormous tasks and get things done,” said Wayne Koop, flight chief. “It's no mistake these people get recognized for the great work they do.”

In the past 10 years, the flight has won the Pollution Prevention Award seven times and won the NEPA Team Award two times in the last four years, Mr. Koop said.

“That shows you that our residents and base employee pollution prevention efforts have a history of outstanding environmental stewardship,” Mr. Koop said. “I'd have to say no one comes close to us there.”

Some of the flight's accomplishments in capturing the most recent pollution prevention award included fully implementing the Environmental Management Information System that tracks all base hazardous material purchases and usages.

The base also exceeded the 2005 Air Force target of 40 percent solid waste reduction years in advance – they exceed-

ed a 55 percent diversion since 2002.

Additionally, they coordinated the Household Hazardous Material Exchange which accepts and reissues more than five tons of chemicals to base residents each year. That same effort jumps into used oil and oil filter recycling. Their efforts helped the base convert more than 60 tons of hazardous material into scrap metal and fuel last year.

Other efforts include a curb-side recycling program that moves more than 150 tons of recycled material a year and a curbside composting program that generates more than 2,000 tons of recycled material a year.

“We also have a very active recycling education program,” Mr Koop said. “Recycling opportunities are briefed to base newcomers and first-term Airmen as part of orientation, and we are active with various youth activities with education efforts during observances such as America Recycles Day in November and Earth Week in April.”

The National Environmental Policy Act Compliance Team Award builds on what the flight does for pollution prevention. The award shows the base's analyses of environmental impacts are included



Photo by Staff Sgt. Scott T. Sturkol

**Wayne Koop, chief of the 319th Civil Engineer Squadron environmental management flight, holds up a sample of mosquito larvae taken from a base waterhole. Mr. Koop's flight has won awards from command to Department of Defense level over the past 10 years, including two recent Air Mobility Command awards for 2003.**

in each of many base decisions daily.

Their efforts for this award included partnering with local communities and townships to revise the regional aerial mosquito spray environmental assessment.

“This effort increased the regional spray area and greatly reduced the threat of spreading the potentially fatal West Nile Virus,” Mr. Koop said.

To garner the NEPA award, the flight meticulously completed in-house environmental base-line surveys and environmental assessments – saving the Air Force more than \$1.2 million. They also part-

nered with the North Dakota Department of Intergovernmental Agencies to review each “finding of no significant impact” regional impacts.

“The partnership with the agency also serves as a clearinghouse for public awareness,” Mr. Koop said.

Encouraging environmental awareness, following environmental laws to a “T,” and doing their job and a little bit more is what makes this flight award winners, Mr. Koop said.

“We'll keep doing our best, but what we do is through the cooperation of all the Warriors of the North,” Mr. Koop said. “It takes a community to be good environmental stewards and our commu-

## Who makes up the flight?

Flight members include: **Wayne Koop**, flight chief; **Dave McCullough**, compliance chief; **Gary Raknerud**, pollution prevention chief; **Larry Olderbak**, restoration chief; **Linda Olson**, recycling and hazardous materials manager; **Chuck Devine**, Environmental Compliance and Assessment Management Program and ACES project database program manager; **Chris Klaus**, storm water/waste water program manager; **Kristen Rundquist**, natural/cultural resources manager and environmental assessments coordinator; **Steve Braun**, tanks, oil-water separator, asbestos, lead-base paint and PCB programs manager; and **Tracy Carter**, secretary and primary government purchase card manager.



# Earth friendly: From planting trees to recycling, base continues to improve environmental stewardship

## While improving environment, base earns eleventh straight Tree City USA Award

By Airman Patrice Clarke  
Public affairs

There are only so many species of trees that can survive the harsh North Dakota winter, which makes Tech Sgt. Ken Bowlin and his office's job just a little bit harder.

Sergeant Bowlin is the quality assurance evaluator for the grounds maintenance contract with J and G Landscaping here. From planting to pruning, watering to feeding, all the trees and shrubs on base are in Sergeant Bowlin's care.

Seem like an easy job? Think again. In 2003 there were 5,686 trees and shrubs planted on base, 1,740 trees and shrubs were pruned, and 668 trees were removed for various reasons.

Sergeant Bowlin has also helped Grand Forks Air Force Base win the Tree City USA award for the 11th consecutive year. The base also won the National Growth Award for seven consecutive years, which goes to communities where tree care programs have significantly improved.

The North Dakota Forestry Service and the National Arbor Day Foundation award communities the Tree City USA award if they meet certain criteria.

Communities must have a tree board and a community tree ordinance which gives the tree board the responsibility for writing and implementing an annual community forestry work plan.

The Grand Forks AFB Tree Board consists of Heidi Nelson, landscape architect, Kristen Rundquist, natural/cultural resource manager, and Sergeant Bowlin.

"The tree board meets on an as-needed basis to discuss any tree issues that arise," Ms. Rundquist said.

All Tree City USA communities must also have an actual Arbor Day observance and ceremony. The last observance on base was in October 2003.

Since 2000, the base tree board took this one step forward when they started the arboretum in the Prairie View Nature Preserve as a place to plant trees.



Courtesy photo

**Members of base Boy Scouts celebrate after planting a tree in the Prairie View Nature Preserve in April 2003. A similar tree planting event is planned at the preserve during Earth Week next week.**

"Tree plaques are planned for the arboretum identifying tree species and facts," Ms. Rundquist said. "The 2004 Friends of Earth Week group is raising the funds for this effort.

Currently, the tree arboretum has approximately 36 different species of trees planted, including one historic Lewis and Clark cottonwood tree."

Communities must also have a community forestry program with a budget, where for every person in the community, the forestry program spends at least \$2. The base surpassed the last requirement by "leaps and bounds" with more than \$400,000 spent on the total community forestry expenditures, Sergeant Bowlin said. "We don't plant trees to win this award," said

Sergeant Bowlin. "We win this award because we plant trees for a variety of reasons."

Besides the obvious reason of trees putting much-needed oxygen back into the environment, trees are also a sound economic investment, Sergeant Bowlin said.

With the North Dakota winds that pummel the state year-round, shelterbelts of trees and shrubs help protect against the wind and reduce erosion.

"Shelterbelts are not only used for windbreaks, they also serve as an excellent wildlife habitat," Ms. Rundquist said.

Every year the grounds maintenance contractor installs more than 14,000 linear feet of snow fence, Sergeant Bowlin said. Putting trees in their place, he said, could make a difference.

"If we planted the right trees where we would usually put the snow fence, that would cut down on the base's expenses, and the base would look better at the same time," Sergeant Bowlin said.

For 11 straight years, the base has done a lot to improve the look of the base, and it's showed with the Tree City designation. But if you wonder where all the trees go, sometimes they replace ones that have been lost to things such as insects, diseases, droughts, and urban development. "We don't want a tree disease to come along and wipe out the entire tree population," Sergeant Bowlin said.

The base tree board plants a variety of trees to ensure greater biodiversity to plan and protect the base's urban forest. "If you plant only one species of tree, then there is a chance that your whole tree population can be wiped out by disease," Sergeant Bowlin said. "By planting many different species, you ensure that if a disease affects one species, it won't affect them all."

Sergeant Bowlin asks base residents to continue to help in the care of trees and shrubs. Residents in base housing are responsible for any tree or shrub in their yard under eight feet high.

Sergeant Bowlin added that base residents also get instructions on how to correctly prune and take care of trees by way of a newsletter, but if people need more information, they can also contact any member of the base tree board. He said they are also arranging for tree and shrub care training.

"In the summer we also plan on holding a hands-on workshop on the planting and caring of trees that is open to base residents," Sergeant Bowlin said.

Whether it's offering training on tree pruning or working with base agencies and people to get more trees planted, Sergeant Bowlin works to put trees in the ground on base. He said Grand Forks AFB is a "Tree City," and will continue to be for years to come.

For more details about base tree planting, call Sergeant Bowlin at 747-5821.

## Recycling: Just do it!

By Airman Patrice Clarke  
Public affairs

Before anyone throws away a plastic bottle or an aluminum can, he or she should think about the money the Air Force saves through recycling those things, and how recycling reduces pollution.

On any Air Force installation, the bottom line that may motivate people is recycling in mandatory.

According to Air Force Instruction 32-7080, Pollution Prevention Program, each Air Force installation, worldwide, must recycle.

"This includes tenant organizations occupying space on the installation," said Linda Olson, recycling and hazardous materials manager with the 319th Civil Engineer Squadron's environ-

mental management flight. "Government contractors working on base must also recycle."

According to national statistics, the benefits of recycling are immense. The average American generates nearly 1,500 pounds of trash each year, resulting in more than 200 million tons of waste annually in the United States.

Ms. Olson said that by recycling, the Air Force saves \$650 million in annual landfill tipping fees by diverting solid waste into the recycling venue.

"Most of the trash that people generate can be recycled," Ms. Olson said. "Everything from aluminum cans, tin cans, mixed plastic, glass bottles and jars, newspaper, cardboard, and magazines to office paper can be recycled."

Every office in every building



Courtesy photo

**A base member drops off recycling material at the new recycle drop off center, located in the old Defense Reutilization and Marketing Office area in Building 424.**

on base must have recycling bins, Ms. Olson said.

Additionally, dormitories on base all have a central location for the placement of recyclables.

"In military family housing,

residents used to separate recyclables into different compartments, but now with the new contractor, they don't have to separate their recycling," Ms. Olson said. "Now base residents

can just throw everything into one bin, and it will be separated at the recycling plant."

But recycling isn't the only step, Ms. Olson said. People who buy things such as office supplies using their government purchase card are required by law to buy recycled products. Executive Order 13101 states all federal agencies must buy recycled content items.

"The Envision store on base clearly marks what items are made from recycled content and which are not," Ms. Olson said.

Ms. Olson added the Air Force takes recycling seriously and the service is always devoted to increasing awareness and making life better through recycling.

"Don't recycle because it's mandated," Ms. Olson said, "recycle because it's the right thing to do."

For details on base recycling, call Ms. Olson at 747-4655.

## Base implements Environmental Management System

**Courtesy 319th Civil Engineer Squadron environmental management flight**

The Air Force is implementing a new program – the Environmental Management System, or EMS – to ultimately quantify and reduce environmental impact to the military mission and the environment.

A cross-functional team here made up of members from the 319th Civil Engineer Squadron environmental management flight and superintendents from each squadron will take on this monumental task, said Wayne Koop, environmental management flight chief.

"They will meticulously identify all processes or activities performed which have an environmental impact," Mr. Koop said. "These impacts will be scored and then a continuing program of environmental risk reduction will be developed."

Air Force and Air Mobility Command coordinators have developed an EMS implementation plan to transition the service from the current compliance-oriented program to the desired continuous improvement EMS.

The formal EMS emerged to provide organizations with a proactive, systematic approach for managing the potential environmental consequences of their operations.

To begin the journey to EMS implementation, Mr. Koop said the base cross-function team will soon receive awareness training and then, with the help of an experienced contractor, begin to identify aspects of base jobs which have environmental impacts.

"Aspects are base processes or activities with significant environmental impacts," Mr. Koop said. "The resultant aspect list will be scored considering cost, risk, regulatory implication, mission degradation, and community concern.

"The aspects will then be scored and ranked for significance of risk to impact the mission or degrade the environment," he said.

Mr. Koop said after scoring, action plans will be created for each significant impact to lower or eliminate the risk it imposes.

For example, a process that previously allowed waste fuel/water mixture to be discharged into the base sanitary waste water system with an oil water separator would be corrected with the installation of a new drop tank for collecting the waste.

This new process eliminates the discharge procedure and the risk of contaminating base sewage lagoons.

"The new Environmental Management System keeps our focus on the aspects which pose the most risk of degrading our mission or the environment," Mr. Koop said. "It allows us to use our resources and energies to target first the most probable and potentially harmful aspects and work our way down the prioritized list as resources are available.

"This is working smart for unfettered mission performance and to better guarantee a cleaner environment for us all to enjoy," Mr. Koop said.

## Environmental briefs

### ECAMP set for May

Grand Forks Air Force Base has an upcoming Environmental Compliance Assessment and Management Program, or ECAMP, May 24 to 28.

The purpose of ECAMP is to provide an internal assessment to ensure environmental compliance across the base. A team of base experts will assemble to collect information and conduct interviews as they perform a comprehensive base probe.

Air Force policy dictates ECAMP assessments be conducted annually. These assessments serve as an invaluable tool to both identify discrepancies and to plan and program future environmental projects to gain resources to correct them.

### Composting for housing residents

The military family housing composting season is open. Compost must be bagged and placed within two feet of the curb for Waste Management to collect. Place compost on curbs on Mondays and Fridays before 8 a.m.

For details call Tech. Sgt. Neil Gereau at 747-4021.

### Earth Week poster contest

Any students, whether they are from Eielson Elementary School, Twining Elementary and Middle School, or home-schooled, can compete in the Earth Week Poster Contest by drawing a poster and expressing what Earth Week means to them. For details call 747-3969.





# New automated-tracking speeds up gym time

By Airman Patrice Clarke

Public affairs

Since the onset of the new physical fitness standards, base members have been taking the program seriously. Every squadron on base has its designated work out time, and members are encouraged to attend other workouts outside of the designated time.

With physical training being mandatory, showing up just doesn't cut it anymore. Members must sign in every time they work out and in some cases, also sign out.

The sports and fitness center has discovered a way to cut wait time caused by long lines of people signing in and out of the gym completely.

Tech. Sgt. Pete Bruni, non-commissioned officer in charge of the fitness center, said the system, which originated from a building entry monitoring system at Malmstrom Air Force Base, Mont., is fairly easy to use.

All patrons have to do is bring in their military identification card and hold it under the scanner. The machine scans the card and the patron's name and squadron appears on the computer screen.

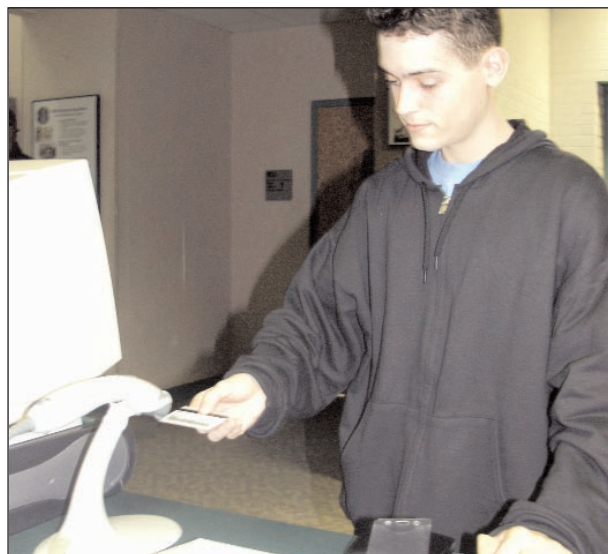


Photo by Airman Patrice Clarke

**Airman Jesse Vargas, 319th Medical Operations Squadron, signs out of the gym using the new "penless" system.**

All they have to do is touch the screen to either sign in or out in the appropriate box.

"This process once fully used will eliminate lines

and large groups at the book table— the table with all the sign-in books," said Sergeant Bruni.

For the squadrons and units who also track the duration of a member's workout, the system measures down to the second the time a patron checks in and out.

"As a physical training leader, I have to ensure my unit is meeting the requirements according to the Air Force instruction," said 2nd Lt. Warren Lopez, 319th Communications Squadron.

"This system gives the supervisor easy access into an individual's workout history."

PTLs have the ability to check their entire squadron or unit's progress or just one person's progress, if need be.

The printout shows the squadron member's name and every time they have checked in or out of the facility. Even if a member forgets to check out, the system will never automatically sign a patron in or out.

From little to no lines at the fitness center to a quick reference for the PTLs, the system which used to monitor who came in and out of a secure building in Montana will quicken gym time for members of Team Grand Forks.

## WELLNESS TIP

### AVOIDING MERCURY



Mercury can be harmful to infants, young children, and pregnant (or nursing) women

Mercury is found in the tissue of large and older fish, such as shark, swordfish, king mackerel and tile fish



The Food and Drug Administration recommends those at risk avoid large or older fish; eat no more than 12 ounces per week of low-mercury fish, such as shrimp, canned light tuna, salmon, pollock, catfish); and watch local fish safety advisories

According to Commissary statistics, Air Mobility Command people buy more than 300,000 pounds of fish each year

SOURCE: AMC Command Surgeon Office

InfoGraphic by Tech. Sgt. Mark Diamond

## Fishing

Warriors of the North seeking 2004 North Dakota fishing licenses can get them at outdoor recreation. Fishing equipment is also available at outdoor recreation for rent. For details call 747-3688.



Courtesy photo

Sport shorts

**EARTH WEEK GOLF TOURNAMENT:** There will be an Earth Week 18-hole golf tournament April 23 at 11 a.m. at the Plainsview Golf Course.

The tournament will be played in a four-man team scramble format, shotgun start. There is a \$5 entry fee for every person plus cart fees and green fees. The top three teams will receive prizes.

For details or to sign up, call Joshua Ross or David Lavergne at 747-4944, or you can sign up at the golf course.

**NEW LIFEGUARD CLASSES:** There is a new lifeguard class starting April 25 from 10 a.m. to 4 p.m. The class will run every Sunday until May 16 with testing May 17. Cost is \$85 per person and includes a life guard training textbook and certifications in LGT, CPR and first aid. A pre-course swim test is required to

take the class. For details and to sign up, call outdoor recreation at 747-3688.

**WOMENS SELF DEFENSE CLASS:** Learn how to protect yourself and fight back.

Mr. Michael Coachmen will be instructing girls and women ages 10 and older the basics of self defense. Classes will be April 26 and 29 from 5:30 to 6:30 p.m. at the sports and fitness center.

For details call the sports and fitness center at 747-3384.

**ROCK CLIMBING CLASSES:** Rock climbing wall classes are held every Tuesday at 7 p.m. in the sports and fitness center. Sign up at the front desk.

For details call 747-3384.

**MINNESOTA HORSE EXPO & RODEO:** Outdoor recreation is sponsoring a trip to the Minnesota Horse Expo and Rodeo April 24, departing at 7 a.m. and returning later that

evening. Cost is \$25 per person which only includes transportation. Expo gate admission is \$5 for ages 6 to 12 and anyone 62 and over and \$8 for ages 13 to 61. Rodeo gate admission is \$4 general and \$8 for box seats. The rodeo starts at 7 p.m. Sign up by close of business Thursday.

For details call outdoor recreation at 747-3688.

**OPERATION NIGHT HOOPS COACHES NEEDED:** Operation Night Hoops is a basketball league that offers teenagers – ages 13 to 18, male and female – the opportunity to play basketball and improve their athletic skills while learning teamwork, cooperation, discipline, and life skills in a safe, drug-free environment.

Elements of the program include the certification of all coaches by NYSCA, weekly discussions between coaches, guest speakers, and players on drugs, alcohol and tobacco, and also workshops that address life skills issues.

As an Operation Night Hoops coach you

will be given the opportunity to have a positive impact on the lives of the teenage participants.

For details call 747-3150.

**THURSDAY EVENING BOWLING SPECIAL:** Since there is no longer a Thursday league night at the bowling center the bowling center offers three games for \$2 per person with no limit to the number of games played.

For details call 747-3050.

**PRESEASON GOLF PASS SALE:** The Plainsview Golf Course is offering season passes at last years prices until Saturday. Fees are based on rank.

For details call the Northern Lights Club at 747-4279.

**OPEN SKATING:** There is open skating every Friday for ages 6 to 18 at Liberty Square from 6 to 10 p.m.

The Liberty Square Teen Center is open from 6 to 11 p.m.

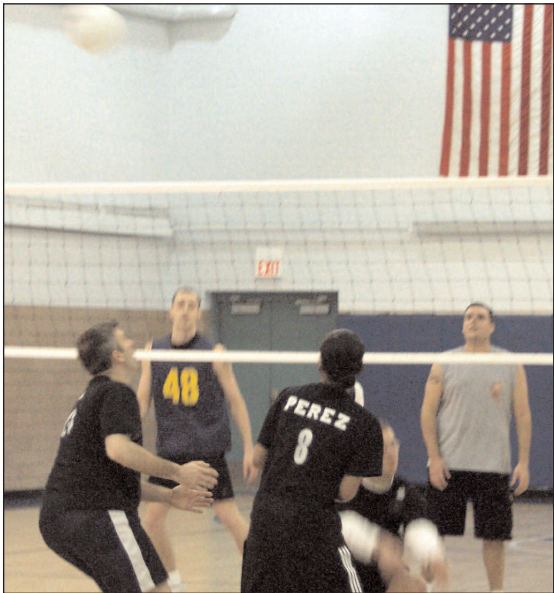


Photo by Airman Patrice Clarke

Where’s the ball?

Members of the 319th Maintenance Squadron, wait to set the ball April 7 against the 319th Medical Goup. The Med Group won the first game but lost the second to MXS.

Intramural standings

Racquetball

MDG	6-2
LRS	1-5 (out)
OSS	8-1
CES	0-2 (out)
SFS	5-4
MXS	5-3

Soccer

SVS	5-5
OSS	9-2
CES-A	6-4
LRS	2-9
CES-B	6-4
MXS	2-8
AMXS	6-4

Darts

CS-A	3-4
AMXS	4-2
MOS	5-0
CS-B	4-2
MDG	0-1(out)
MSS	4-4
SFS-A	7-0
SFS-B	3-3(out)
SVS	0-1(out)
LRS	4-3

Volleyball

MOS	10-3	MDG	1-11
SVS/MSS	2-8	CES	13-0
OSS	2-11	LRS	8-5
CS	10-2	MXS	6-7
AMXS	4-9		





# Base chapel



## CATHOLIC:

**Sunday Mass:** 9 a.m., Sunflower Chapel  
**Weekday Mass:** 11:30 a.m. Monday, Wednesday, Thursday, Sunflower Chapel

**Reconciliation:** 8:30 to 8:45 a.m. Sunday, Sunflower Chapel, or by appointment. Call 747-5673 for details

**CCD:** 10:45 a.m. Sunday, Twining Elementary and Middle School. For children age three through high school. For details on educational programs, call Jane Hutzol at 747-3073.

## PROTESTANT:

**Traditional Worship:** 10:30 a.m. Sunday, Sunflower Chapel

**Contemporary Worship:** 6 p.m. Sunday, Prairie Rose Chapel

**Sunday School:** 9 a.m., Eielson Elementary School

**Protestant Youth of the Chapel:** 4 to 5:45 p.m., Sunday, youth center

**Men of the Chapel Bible Study:** noon Monday, Prairie Rose Chapel conference room

**Young Adults:** 6 p.m. Friday, Chaplain (Capt.) Brian Swain's home. Call 747-6468 for details.

**Women's Bible Study:** 7 p.m. Monday, Prairie Rose Chapel conference room

## JEWISH:

Call Synagogue B'nai Israel at 775-5124.

## RUSSIAN/EASTERN ORTHODOX:

Call Dr. Levitov at 780-6540 for details.

## MUSLIM, BUDDHIST, OTHER:

Call 747-5673 for details.

## Today

**PHOTOGRAPHY EXHIBIT:** The 2004 ImageMakers National Photography Contest local exhibit will be at the youth center during regular operating hours. Come see the artistic and photographic skill of the base youth.

**OPERA:** The University of North Dakota Hughes Fine Arts Center will host an opera Friday and Saturday at 7:30 p.m.

This is an Operation Enduring Friendship

## Community

event and military need to just show identification at the door for free admission.

For details call 777-2644.

**CLUB DINING:** The Northern Lights Club offers steak, chicken, or salmon dinners from 5:30 to 8 p.m. Members receive a \$3 discount.

**GOLF COURSE BREAKFAST:** The Plainsview Golf Course snack bar offers steak and eggs for breakfast today from 7 to 11 a.m. for \$5.75.

**PASTA BAR:** The Northern Lights Club offers a pasta bar along with the day's hot entree from 11 a.m. to 1 p.m.

## Saturday

**BASE-WIDE TALENT SHOW:** The youth program's free Base-Wide talent show will be at the community activity center at 7 p.m.

Come and see the bases current and future stars.

**CLUB KARAOKE:** The Northern Lights Club offers karaoke from 10 p.m. to 3 a.m.

**CLUB DANCING:** The Northern Lights club offers dancing at the club from 10 pm. to 3 a.m. Enjoy "club mix" with DJ "C."

## Sunday

**SUNDAY BRUNCH:** The Northern Lights Club offers Sunday brunch from 10:30 a.m. to 1:30 p.m.

## Monday

**ARMED FORCES RETIREES:** Eat lunch at the Airey Dining Facility every Monday from 10:30 a.m. to 1 p.m.

**BASE LIBRARY:** The base library is now open Mondays from noon to 5 p.m.

**SPONSORSHIP TRAINING:** The family support center offers sponsorship training which fulfills the Air Force requirement. For details and to sign up call 747-3241.

## Tuesday

**PARENT, CHILD PLAYGROUP:** The parent-child playgroup meets every Tuesday in Liberty Square from 10 a.m. to noon.

**STARTING YOUR OWN BUSINESS:** The family support center is sponsoring a workshop from 9 a.m. to noon on starting a business. The workshop covers the business plan, financing, marketing, and recordkeeping. Registration is required, but the class is free. Everyone is invited and encouraged to come. For details call the FSC at 747-3241.

## Wednesday

**AIR FORCE SPACE CAMP:** Reach for the stars. The Space Academy is for ages 12 to 14 and runs Aug. 1 to 6. Advanced Space Academy is for ages 15 to 18 and runs July 31 to Aug. 6. Space camp will be in Huntsville Ala.

Scholarships are available for this experience.

For details call youth programs at 747-3150.

## Thursday

**SPOUSES DISCOUNT DAY:** Spouses of deployed personnel can come to the Northern Lights Club and get 20 percent off your dinner. Choose from steak, chicken, or salmon.

## Upcoming

**WINNIPEG SHOPPING TRIP:** Outdoor recreation is sponsoring a shopping trip to Winnipeg May 1, departing at 8 a.m. and returning that same evening. Cost is \$20 per person which includes transportation only. Sign up by close of business April 28.

For details call 747-3688.

# Base theater



**Today, 7 p.m.**

**Starsky and Hutch (PG-13)**

Based on the popular 1970s TV series, *Starsky & Hutch* follows the pair of bachelor undercover cops (Ben Stiller as Dave Starsky, Owen Wilson as Ken "Hutch" Hutchinson), focusing on how the duo met and teamed up on their first big case. The two work the case with the help of Huggy Bear (Snoop Dogg), their street informant.

**Saturday, 3 p.m.**

**Agent Cody Banks 2; Destination London (PG)**

Frankie Muniz stars as Cody Banks, the teen spy who can't figure out how to talk to girls. He returns to Kamp Woody for more CIA training before moving to London as a foreign-exchange student.

**Saturday, 7 p.m.**

**Hidalgo (PG-13)**

**April 18, 3 p.m.**

**Ferngully: The Last Rainforest**

*This is a free movie to kick off earth week sponsored by the Company Grade Officer Association and the Enlisted Spouses Club. All are welcome.*

**April 23, 7 p.m.**

**Dirty Dancing Havana Nights (PG-13)**

**April 24, 7 p.m.**

**Secret Window (PG-13)**

**Tickets: \$1.50 children, \$3 adults**  
**For details, call 747-3021/6123.**

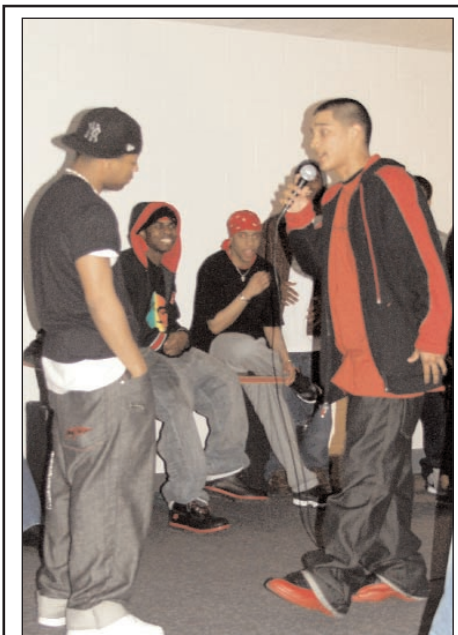
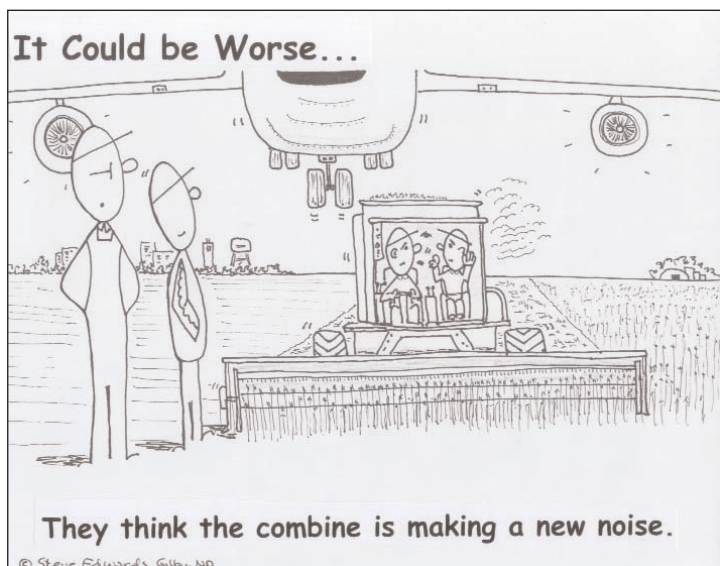


Photo by Airman Patrice Clarke

## Rock the 'mic'

An Airman takes his turn on the microphone during Freestyle Friday at the Warrior Airmen Recreation Center April 9.



© Steve Edwards's Gilly, ND

## National Library Week

Sunday through April 25 is National Library Week. Celebrate with the base library by drawing your favorite character or scene from a book.

Participation from all ages is encouraged.

Drawings must be at the library by Saturday and drawings will be displayed at the library.

For details call the library staff at 747-3046.





Photo by Airman Patrice Clarke

## Spring cleaning

**Airman 1st Class Kenneth Babb, 319th Maintenance Squadron, scrubs one of many window seals in the base honor guard building Saturday. Members of the base honor guard swept, mopped, and scrubbed the entire building.**

## Spouse club news

### Enlisted Spouses Club

**GENERAL MEETING:** The next Enlisted Spouses Club general meeting is April 26 at 7 p.m. in the community activities center. This is an election meeting and attendance is encouraged.

### Officers’ Spouses Club

**OSC SCHOLARSHIP BANQUET:** The Officers’ Spouses Club invites all to the annual Scholarship and Angel Awards Banquet May 4 in the Northern Lights Club.

Social hour begins at 6 and dinner starts at 6:45 p.m. and the dress is business attire.

Scholarships from the OSC, African American Cultural Society, Fisher House, and the Defense Commissary Agency will be given away.

Reservations are needed to attend.

For details or to make a reservation, call Kathi Hunnewell or Cappy Younker at 594-3429, or 594-9448 respectively or e-mail [oscreserve@yahoo.com](mailto:oscreserve@yahoo.com) by April 29.

**OSC CRUD TOURNAMENT:** The Officers’ Spouses’ club will be hosting a crud tournament April 23 at 5 p.m. at the Northern Lights Club. Door prizes will be given.

There are no reservations required and OSC members play for free. Non-OSC members pay \$5 to play the game.

For details call Aurora Perkins at 594-8611.

**OSC PLAYGROUP:** The Officer’s Spouses’ club offers a playgroup today

from 1 to 3 p.m. at the Liberty Square. For details call Carol Gaddis at 594-3802.

**THRIFT SHOP:** The thrift shop is having a half-off sale on all red tag items for the month of April. The thrift shop will be closed

Also, the thrift shop will temporarily relocate to 1274-B Nevada Drive June 15.

Due to space restrictions consignments must be limited to 30 days duration.

No consignments will be taken after May 1.

Donations are always welcome.